



STATE OF MARYLAND

DHMH

Maryland Department of Health and Mental Hygiene

**Mental Hygiene Administration • Spring Grove Hospital Center • Dix Building
55 Wade Avenue • Catonsville, Maryland 21228**

Martin O'Malley, Governor – Anthony G. Brown, Lt. Governor – Joshua M. Sharfstein, M.D., Secretary

Brian M. Hepburn, M.D., Executive Director

To: OMHC and PRP providers serving children

From: Brian Hepburn, M.D.
Director MHA

RE: MHA Regional Trainings on Resilience

Date: March 08, 2011

As you know COMAR 10.21.20 and 10.21.29 require that mental health services be recovery and resilience focused. MHA convened a resilience committee composed of stakeholders serving children that met and developed documents designed to help providers look at how to implement a strengths based approach to service. This includes a position paper, resilience core concepts, and a chart that addresses areas of need through building on youth and families sense of mastery, social connectedness, and hope for the future.

In order to move our system into one that stresses the importance of a wellness approach when working with youth who have difficulty positively adapting to adversity and change, a series of regional trainings will be held to help provide examples and expectations for further transforming Maryland's public mental health system (PMHS). It is highly recommend that you attend one of the regional trainings in order to enhance your current practice. By the end of the training participants will be able to use resilience core elements in ways that can be integrated into treatment and rehabilitation goal setting and evaluation, within a medical and compliance framework.

The trainings will be held on:

April 29th – Eastern Shore Hospital Center, 5262 Woods Road, Cambridge, MD 21613

May 2nd – Center for Children, 6100 Radio Station Road, LaPlata, MD 20646

May 20th – Carroll County Health Department, 290 South Center Street,
Westminster, MD 21158

June 7th – Speech and Hearing Agency, 5900 Metro Drive, Baltimore, Maryland 21215

All trainings will be from 9:00-12:30

To register, please contact the Carroll County Health Department, Dawn Brown at 410-876-4440. CEUs will be available.